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More and More Pancakes

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More and More Pa

On the Town

by Sylvia Noid, H. JI. 4

There's a new fad in restaurant eating . . . it's pancakes and more pancakes. Restaurants which serve pancakes exclusively are aptly termed Pancake Houses.

The idea began several years ago in the western United States. Gradually moving eastward, these specialty houses have recently sprung up in the Midwest. Perhaps because of their origin, Pancake Houses are often built with a rustic atmosphere. The Pancake House at the junction of highways 14 and 30 in Marshalltown is a typical example.

Inside, the walls are painted dark brown and a huge wagon wheel hangs overhead with small lanterns dimly lighting the room. Such American primitives as a saw, hammer, axe and coffee grinder hang on the walls, and blue and white checked gingham curtains enclose the paned windows.

You sit at a round wooden table and prepare to make your selection from the 25 different varieties of pancakes printed on the menu-place mats.

There are buckwheat, buttermilk or banana cakes to choose from. Maybe the Royal Hawaiian Cakes with pineapple rings would taste good. The Swedish Pancakes served with imported lingonberries and whipped butter would be a treat. Finally you decide on Peach-Roll-Ups, made with sliced peaches rolled in a French pancake and topped with pure whipped cream and toasted nuts.

The steaming Peach-Roll-Ups arrive in about seven minutes and the lazy susan in the center of the table turns pitchers of strawberry, black raspberry, boysenberry, blueberry and maple syrup and honey in front of you.

Pancake Houses differ from the usual cafe or restaurant in that the menus are composed largely of varieties of flapjacks and perhaps a few higher-priced meats such as top sirloin, filet mignon and shrimp.

The equipment needed for a Pancake House is limited to an oven, a french fryer, a walk-in refrigerator, perhaps a charcoal broiler and of course, griddles. No steam table is needed as in the operation of a larger restaurant because there is little if any pre-preparation of foods.

A specially compounded pancake flour is used in making the five basic batters, including buckwheat.

This new idea in restaurant eating has gradually swept the country, and established Pancake Houses can be found on most highly traveled highways across the country.

Tender
BUTTERMILK
PANCA
ed butter
5
us Native
WILD RICE
PANCA
85¢

BLUEBERRY
BUTTERMILK
PANCAKES
with
dish of
blueberry
mpote
95¢

CORN
PANCAKES
50¢

APPLE GLAZED
PANCAKES
apples
with
cinnamon
glaze
95¢

BANANA
PANCAKES
If you like
bananas,
love these
85¢

*"Everybody's
Favorite"*
PANCAKES

JUNIOR PLATE
UNDER 12 YEARS OF AGE
3 buttermilk pancakes,
1 egg, bacon, whipped
butter, syrup, 70¢

PLAIN
SCRAMBLED EGGS
tempered with cream
served with 3 butter-
milk pancakes 70¢

HAM and EGGS
A thick slice of ham,
2 eggs, 3 buttermilk
pancakes \$1.25

BACON and EGGS
BEVERAGES

Coffee	
Tea, Pot or Iced	
Milk10
Buttermilk10
Sanka15
Hot Chocolate15

Saccharin and dietetic syrup available upon request

FRENCH
PANCAKES
with Strawberries,
Cointreau and
Whipped Cream
95¢

DOLLAR
PANCAKES
6 Pancakes 40¢
15 Pancakes 90¢

HAWAIIAN HAM STEAK
A thick slice of
smoke-cured ham,
garnished with a
thick slice of
grilled pineapple,
with 4 butter-
milk pancakes \$1.85

OATMEAL PANCAKES
Very nutritious
with the delicious
oat like flavor. 55¢

cakes . . .

In Your Home

by Carol Shellenbarger, H. JI. 4

Last year hundreds of newly built Pancake Houses across the nation served over 100 million pancakes. They featured many new varieties along with the traditional hot buttered pancake with maple syrup.

Pancakes have a new look and taste when baked with apples for breakfast, rolled up with a chicken filling for lunch, or topped with fresh fruit for a party snack. Try these recipes for merry dining in your home. There is a pancake for every occasion.



Start off the day with a hearty breakfast and serve pancakes with apples baked right in.

Apple Flapjacks

1 tablespoon shortening
1 tablespoon sugar
2 eggs
1½ cups flour
1 teaspoon baking powder
1 cup apples, chopped
cinnamon
milk

Cream together shortening and sugar. Add eggs, well beaten. Sift together flour, baking powder and cinnamon; add with chopped apples. Gradually add milk to make medium batter consistency. Cook until golden brown on both sides in lightly greased skillet. These apple pancakes are delicious served with bacon or sausage.

For variety, substitute corn, sliced bananas, sausage links or sliced chopped pecans for the apples.



For a tasty luncheon dish, try pancakes rolled up with meat and baked.

Chicken Roll-Ups

6 eggs, beaten
6 tablespoons flour
1 teaspoon salt
2 cups milk

Add flour to beaten eggs; beat. Add salt and milk, stirring until smooth. Pour batter in hot, buttered skillet; brown. Pancakes will be large, thin and crisp, excellent to roll with a filling.

Saute chopped chicken, mushrooms and onions. Spread on pancakes and roll. Place rolls in baking dish and cover with a cream sauce. Sprinkle top with Parmesan cheese and bake, browning lightly.

Ham Roll-Ups Chop cooked ham and mix with mustard sauce. Place ham mixture in center of a large, freshly cooked pancake and roll. Serve very hot with a green salad.

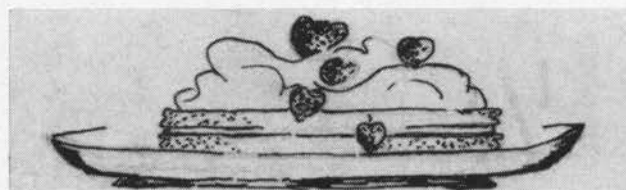
Jelly Roll-Ups Spread pancake with jelly and roll. Sprinkle with brown or powdered sugar. Fresh fruits may be used instead of jelly.

If you're planning a party, try fresh fruit and various other toppings to give pancakes a festive, party touch.

Shortcake Pancakes

2 cups pancake mix
2¼ cups milk
1½ cups cottage cheese
1 quart fresh strawberries (or 12-ounce box of frozen)

Add milk to pancake mix all at once. Stir lightly. For each pancake, pour ¼ cup batter on hot, lightly greased griddle. Bake to golden brown. Put 2 pancakes together with cottage cheese. Top with sweetened berries.



Other Toppings With varied toppings, pancakes suit the tastes and moods of your guests. Try sprinkling brown sugar over a freshly buttered pancake. Applesauce, honey butter and fresh fruit sauces also make delicious toppings. Serve the toppings in individual dishes and give your guests their choice.